



## Farmers' Market Etiquette

As we close in on the last third of our Sandhill Farmers Market season I thought it might be a good idea to go over a little farmers market etiquette. While we all come from a polite society it never hurts to see how behavior is viewed from different perspectives. This tidbit comes from an online issue of [AgriGIRL](#).

1. Go with vague ideas, but be flexible. The tomatoes may be wonderful, but if they're sold out, how about a pasta dish with zucchini and mint instead?
2. Be patient. No pushing, grabbing, or skipping in line.
3. Ask questions: recipes ideas, name that vegetable, how long something will keep... this is one difference between the supermarket and your local producers.
4. Volunteer answers. If someone asks about your favorite vegetable, tell them what you make. Because it's wonderful. This is community, part two.
5. Bring your own bag. Less plastic is more.
6. Bring small bills, if possible. Try to avoid asking anyone to change a \$20 bill for \$2 worth of potatoes, or a \$50 bill for \$5 worth of tomatoes.
7. Go easy on the finger blight. Someone else will be missing that strawberry that you snagged from the pint at the front of the table. If you need a taste, ask for a sample.
8. Don't try to buy before the market opens or after it closes. The market managers often have rules about that sort of thing, and producers generally follow them. This will vary– but if someone has packed up the scale and cashbox, take a hint.
9. Buy some produce. Yes, support all the other vendors too, but the heart and soul of a good market is the produce. A bag of apples, a pint of berries, a few carrots, peppers, or some baby turnips; even if you're not an enthused cook, many items can be washed and eaten as is.
10. Pet the peaches, but don't maul them! Somebody will be eating that...
11. Always tip the Market Manager. (okay I added that one)



With only 13 weeks of the season left please make a point of coming out to support our faithful vendors and if possible bring a friend. We are pleased to be able to provide this market to the public and wish to see the customers and our vendors have the best experience possible.

### Sept. Schedule

Keith Tracy	1
Keith Tracy	8
Keith Tracy	15
Keith Tracy	22
Farm Day	29



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## Market Flash

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## Honey Could Cure Your Infections?

We have often heard of the benefits of local honey when combating allergies and other ailments. [Modern Farmer](#) is taking it just a bit further with their article that extolls the healing properties of honey.

The article is based on the findings of researchers from Sweden's Lund University that theorize the special bacteria found in honeybee's stomachs present an alternative to antibiotics. At least that's the buzz.

Read the entire article by [clicking here](#).



## Support Your Local Famers Markets

While we hope to see you every Tuesday afternoon during the season there are other Farmers Markets in the area which need your support. You will find many of our vendors at these fine markets as well.

Wednesday: [Blythewood Market](#)

Thursday: [Lake Carolina](#)

Saturday: [Kershaw Market](#)

Saturday: [Soda City Market](#)

## September 1st Market Photos



*The Sandhill Farmers Market... where fun, food, and community come together.*



## Gardening Tips

### Time to Plant Onions, Garlic and Such

Onions and the related shallots, leeks and garlic all grow best during cool weather and are usually planted in the fall in South Carolina for late spring harvest. Onion plants can also be planted in early spring for summer harvest. Leeks are planted in late summer or early fall for winter harvest. Shallots and garlic both grow best from a fall planting. All onion relatives should be grown in full sun for best results. Planting dates for the central part of the state began September 15.

Read the entire article as prepared by Karen Russ, HGIC Horticulture Specialist & Bob Polomski Extension Consumer Horticulturist, Clemson University by [clicking here](#).

*Did you know that Popeye originally ate garlic and not spinach to engage his extraordinary strength?*



## Tailgating Time

### Crab Legs

With the 2015 NFL #1 draft pick getting ready to kick off the season I thought a few tips on preparing crab legs might be in order.

This may be a little upscale and possibly more work than most tailgating fare, but you never know when you might get your hands on a deal.

Our friends at [Better Homes and Garden](#) offer this recipe.

[Click here to view the article and recipes.](#)

[Clemson Tigers Schedule](#)

[SC Gamecocks Schedule](#)

[SC State Bulldogs Schedule](#)

[Citadel Bulldogs Schedule](#)

[Furman Paladins Schedule](#)

[PC Blue Hose Schedule](#)



*See how many of these ingredients you can find at the Sandhill Farmers Market!*



**Our Market Supporters:** [AgSouth Farm Credit](#), [Columbia NE Kiwanis](#), [Spring Valley Rotary Club](#),

## Listing of 2015 Farmers Market Vendors

The Sandhill Farmers Market is fortunate to have the participation of so many quality vendors. Their selections run the gamut from fresh produce, fruits, seafood, wood crafts, fabric crafts, baked good, plants, shrubbery, natural personal care products, prepared foods and more. Some vendors are with us for the entire 30 week season, some for half of the season and others on a week to week basis. Following you will find a listing of the hard working entrepreneurs waiting to greet you. All of those in ***bold italics*** have links built in. Please note that not all vendors are able to participate in every market.

Name
<b><i><u>Asya's Organic Farms</u></i></b>
Isom's Delights
<b><i><u>The Peanut Man</u></i></b>
<b><i><u>The Crescent Olive</u></i></b>
<b><i><u>Mercer House Estate Winery</u></i></b>
Junior Chefs
AAA Greenthumb
Martin Farms Produce
<b><i><u>Erbe</u></i></b>
Paparazzi Jewelry
<b><i><u>The Belgian Waffle Truck</u></i></b>
Bee My Honey
<b><i><u>Chill Out Pops</u></i></b>
Lexington Shades of Green
Penny's Quilts and Gifts
<b><i><u>Lane Specialty Gardens</u></i></b>
<b><i><u>Sunny Cedars Farm</u></i></b>
CSD Enterprises
The Veggie Patch
It's My Sister's Fault
<b><i><u>January Remington</u></i></b>

Name
<b><i><u>Southern Sky Yoga</u></i></b>
<b><i><u>Leesville Aquaponics</u></i></b>
<b><i><u>Trail Ridge Farm and Dairy</u></i></b>
Ms. Zessie's Specialties
<b><i><u>Jamerry Nails</u></i></b>
<b><i><u>Palmetto Polar Snow</u></i></b>
<b><i><u>Doswell Farm</u></i></b>
<b><i><u>Chi Design</u></i></b>
<b><i><u>Livingston Farms</u></i></b>
Ashley's
<b><i><u>Old McCaskill's Farm</u></i></b>
The Bird Man
<b><i><u>Nanna's Naturals</u></i></b>
Conyer's Farms of Kingstree
<b><i><u>Company of OHS</u></i></b>
<b><i><u>The Shrimp Guy</u></i></b>
<b><i><u>Boutique Poulet</u></i></b>
Bradham Farms
Judith's Hands
Lem's Farm Shop
Cakes and More by Angela



<b><i><u>Congaree Milling</u></i></b>	<b><i><u>McCurley Farms</u></i></b>
3G's	<b><i><u>Penny's Naturals</u></i></b>

Each week we talk with perspective vendors interested in participating at the Sandhill Farmers Market. If you would like to become a vendor please visit our [market page](#) and view the vendor information along with the vendor application found in the right hand navigation pane.

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